"STUDY OF HOME ENVIRONMENT, SELF-DISCLOSURE AND EGO-STRENGTH AMONG DIFFERENT RELIGIOUS GROUPS"

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. For the award of Ph.D. degree under the Faculty of Social Sciences in the subject of Psychology

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Introduction:-

Human beings are always immerged in a social environment which not only changes the very structure of the individual or just competes him to recognize facts but also provides him with a ready-made system of signs. It imposes on him a series of obligations. Two environments namely home and school environments share in influential space in Childs Life. Family is the social-biological unit that exerts the greatest influence on the development and perpetuation of the individual's behavior. The psychological atmosphere of a home may fall into any of the four quadrants. Each of which represents one of the four general combinations. Acceptance, autonomy and rejection-control (Johnson & Medinnus 1969, grebow 1953) reported that 'nurturance-affection' and 'achievement expectations, demands and stadards' Constitute the two dimensions of parental behaviour that have been regarded a important by previous researchers. Various researchers have identified the following characteristics of home environment or parental child rearing practices. Permissiveness, willingness to devote time to the child parental guidance, parental aspiration for achievement, provisions for the child's intellectual needs. affective reward, instrumental companionship, prescription physical punishment, principlined discipline, neglect, deprivation of privileges, protectiveness, power, achievement demands, indulgence, conformity, independence, dependence, emotional and verbal responsively, involvement with the child, physical and temporal environment, avoidance of restriction and punishment provision of appropriate play materials etc. There exists a great overlapping in the kinds of behaviors. Which are in association with different characteristics.

SELF-DISCLOSURE:-

'Self' is the inner image of one's own personality and self-disclosure is an important personality characterstic. Horney 1936, has remarked that more the individual ignores his real feelings, wishes and wants, more alienated, he is from the real self. This estrangement alienation from one's real self is at the root of the neurotic personality of our time. Thus self disclosure i.e. letting another person know what you think, feel or want is the most direct means by which an individual can make himself known to another person and it is a must for healthy mental personality (Sinha 1973). If self-disclosure is one of the means by which healthy personality is both achieved and maintained Jourard (1959) says that such activities as psychotherapy, counselling, teaching and nursing all will fail more or less without the knowledge of disclosure of the clients. Just as thermometers, sphygmomanometers etc. disclose information about the physical state of the body, self disclosure reveals the real nature of the self. The importance of self disclosure was first of all underlined by Lewin (1935) when he described his impressions of important personality differences between German and American national character types. After that many studies have been conducted in the west to correlate self-disclosure with a number of personality and social variables.

EGO-STRENGTH:

According to Freud the propounder of psycho analytical view-point in the structure of personality ego is that part of psychic structure which is primarily concerned with reality testing. However in classical psycho analysis the position of ego is that of a meek mediator between id and superego. Freud (1933) used the analogy of rider and his horse to explain the relationship between the two components of personality. Usually the rider guides the horse but often the rider is obliged to guide the horse in the direction in which to move.

With the rise of ego-psychology the position of ego was elevated to that of such a controlling mechanism within the personality as is capable of taking positive steps in the interest of the person as a whole.

It is a common observation that individuals do differ in the efficiency of performing the set of functions attributed to ego 'The concept of ego strength is an important factor in determining the capacity of an individual to perceive a challenging situation, realistically and to execute the response effectively (Ali 1975). It is important to point out the foregoing definition of ego strength is likely to be accepted by those also who do not subscribe to psychoanalysis. One may not agree with psychoanalytic theory of the structure of personality and yet can accept the concept of ego-strength if it is defined as the total psychic energy at the disposal of the individual enabling him to enjoy his strivings to master the environment. Such nonpsychoanalytic concepts as white's (1959) competence motive, Maslows (1954) self actualization and psychological health seem to have much in common with the concept of ego-strength.

In equating ego-strength with competence motive, psychological health, etc. we are paying due regard to Barren's (1963) point of view. Who maintains that the most important consideration in judging the strength of a person's ego is not the amount of troubles, conflicts and crises that he encounters, but the manner and confidence with which he encounters them.

SURVEY OF LITERATURE:

Wiebe, Bernie and Thomas B. Scott (1976) found that Mennonite parents consistently express concern to ministers and counselors about a lack of close relationships with their adolescent children, judging from a decrease in personal discussions. However, 159 Mennonite 10^{th}, 11^{th}, and 12^{th} graders in 3 school self-disclosed (according to scores on the Self-Disclosure Inventory for Adolescents) like other observed adolescents insofar as selected

topics were discussed by them with their mothers, fathers, and best friends. Although amount of self-disclosure to these target persons did relate positively to the concurrent perceived relationships with them (according to scores on the Relationship Inventory), perceived relationships with parents were positive, even though self-disclosure was less to parents than to best friend, and perceived relationships and self-disclosures were qualitatively different to mothers and fathers.

Bealer, Robert C., Fern K. Willits, and Gerald W. Bender (1963) investigated religious social distance among a large sample of Pennsylvania rural youth. The various religious bodies comprising the contemporary American spectrum of affiliational categories were ranked, by theological experts, in terms of their presumed sect-or church-likeness as indexed by their degree of structural formalization. It was hypothesized that marriage choices would vary directly with the similarity in degree of the "sectness" of the partners' religious affiliational category. Except for Roman Catholics and Mennonites, exogamy exceeded endogamy for the 13 religious bodies investigated. The patterning of exogamous choices did not conform to the degree of presumed religious similarity. On the contrary, whom one married seemed to reflect simply the relative availability of potential spouses in the various religious groupings. Since marriage selection in the terminal behavior on the social distance scale and since this scale has been previously validated as undimensional, it was concluded that religious affiliation is probably not important in many social situations in contemporary American society.

Dindia, Kathryn; Allen, Mike (1992) conducted a meta-analysis of 205 studies involving 23,702 Ss to determine whether there are sex difference in self-disclosure. Across these studies, women disclosed slightly more than men (d18). This = effect size was not homogeneous across studies. Several moderator variables were found. Sex of target and the interaction effect or relationship to target and measure of self-disclosure moderated the effect

of sex on self-disclosure. Sex differences in self-disclosure were significantly greater to female and same-sex partners than to opposite-sex or male partners. When the target had a relationship with the discloser (i.e., friend, parent, or spouse), women disclosed more than men regardless of whether self-disclosure was measured by self-report or observation. When the target was a stranger, men reported that they disclosed similarly to women; however, studies using observational measures of self-disclosure found that women disclosed more than men.

Singh A.K. and N. Singh (1989) compared a group of 380 adolescent as to religion 240 Hindus & 140 Muslims to religion 240 Hindus & 180 family and the effects of these variables on personality characteristic data indicate that the muslims and boys were more alienated and more anxious than Hindus and girls.

Jagpreet Kaur, J.S. Raha and Rupinder Kaur (2009) attempt study for explore academic achievement and home environment as correlates of self concept in sample of 300 adolescents. The tests of the simply revealed self concept to be positively correlated with academic achievement though not significantly positive relationship of home environment components of protectiveness. Conformity rewared and hurturance with self concept is revealed. There by meaning that use of rewards and nurturance from parents should be done for positive self concept development among adolescents.

Statement of the Problem: -

"Study of Home environment, Self-Disclosure and Ego-Strength among different religious groups"

Objectives : -

- To study the effect of difference among adolescents belongs to various religious groups on their -
    - ✓ Perception of home environment
    - ✓ Level of self-disclosure
    - ✓ Level of ego strength
- To study the gender difference in adolescents' –
    - ✓ Perception of home environment
    - ✓ Level of self-disclosure
    - ✓ Level of ego strength
- To find out the correlation of adolescents' perception of their Home environment with their-
    - ✓ Level of self-disclosure
    - ✓ Level of ego strength

Hypotheses: -

a) There is no significant effect of religion on adolescents' Perception of various dimensions of home environment namely Control, Protectiveness, Punishment, Conformity, Social isolation, Reward, Deprivation of privileges, Nurturance, Rejection and Permissiveness.

b) Male and female adolescents are significantly different in their perception of various dimensions of home environment namely Control, Protectiveness, Punishment, Conformity, Social isolation, Reward, Deprivation of privileges, Nurturance, Rejection and Permissiveness.

c) Male and female adolescents belong to different religious are significantly different in their Perception of different dimensions of home environment namely Control, Protectiveness , Punishment , Conformity , Social isolation , Reward , Deprivation of privileges , Nurturance, Rejection and Permissiveness.

d) There is no significant effect of religion on adolescents' Level of ego strength.

e) There is significant difference between male and female adolescents on their Level of ego strength.

f) There is no significant interaction between religion and gender to determine adolescents' level of ego strength.

g) There is no significant effect of religion on adolescents' Level of self-disclosure.

h) Gender will be significant on adolescents' Level of self-disclosure.

i) Adolescents belongs to various religions would be significantly different in their level of self-disclosure in relation to their gender difference.

j) Adolescents' ego-strength will be significantly fluctuate with students' perception of their following dimensions of home environment -

- ✓ Control
- ✓ Protectiveness
- ✓ Punishment
- ✓ Conformity
- ✓ Social isolation
- ✓ Reward
- ✓ Deprivation of privileges
- ✓ Nurturance
- ✓ Rejection
- ✓ Permissiveness

k) Adolescents' level of self-disclosure will be significantly fluctuate with students' perceive of their following dimensions of home environment -

- ✓ Control
- ✓ Protectiveness
- ✓ Punishment
- ✓ Conformity
- ✓ Social isolation
- ✓ Reward
- ✓ Deprivation of privileges
- ✓ Nurturance
- ✓ Rejection
- ✓ Permissiveness

Methodology: -

Sample:

With a cross-sectional design, total 400 college going adolescents were comprised in sample. By employing randomized sapling technique these subjects were equally selected from various religion namely Hindu, Muslim, Sikh, Christian and Buddhist. These all groups were constituted with equal number of male (n=40) and female (n=40) adolescents. Hence all eight experimental groups consist of 400 numbers of subjects. The sample distribution is depicted as follows;

Table 3.1

Sample Distribution

Religious(A)→ Gender(B) ↓	Hindu	Muslim	Sikh	Christian	Buddhist	Total
Male(B1)	n=40	n=40	n=40	n=40	n=40	n=200
Female(B2)	n=40	n=40	n=40	n=40	n=40	n=200
Total	n=80	n=80	n=80	n=80	n=80	N=400

Variables:

Various variables were treated as follows:

Independent Variables:

Religious Groups (A):

- Hindu (A1)
- Muslim (A2)
- Sikh (A3)
- Christian (A4)
- Buddhist (A5)

Gender (B):

- Male (B1)
- Female (B2)

Dependent Variables:

- Home environment
- Self-Disclosure
- Ego-Strength

Research Design:

To reach out the objectives of present investigation 2X2X2 factorial design was used as depicted below;

Table 3.2

2 X 5 Factorial Designs

Religious(A)→ Gender(B) ↓	**Hindu (A1)**	**Muslim (A2)**	**Sikh (A3)**	**Christian (A4)**	**Buddhist (A5)**	**Total**
Male(B1)	A1B1 n=40	A2B1 n=40	A3B1 n=40	A4B1 n=40	A5B1 n=40	n=200
Female(B2)	A1B2 n=40	A2B2 n=40	A3B2 n=40	A4B2 n=40	A5B2 n=40	n=200
Total	n=80	n=80	n=80	n=80	n=80	**N=400**

Where all experimental groups are as follows;

A1B1- Male adolescents belong to Hindu religious

A2B1- Male adolescents belong to Muslim religious

A3B1- Male adolescents belong to Sikh religious

A4B1- Male adolescents belong to Christian religious

A5B1- Male adolescents belong to Buddhist religious

Research Tests:

Table 3.3

List of Tests

Aspect studies	Test and scale	Developed by
Home Environment	***Home Environment Inventory***	***K.S. Mishra (1996)***
Self-Disclosure	***Self-Disclosure Inventory***	***Dr. Virendra Sinha (1982)***
Ego strength	***Ego strength Scale***	***Dr. Q. Hasan (1963)***

Description of the Test:

1) Home Environment Inventory

To assess the quality of home environment Home Environment Inventory was used. This Inventory was constructed by Mishra Karuna Shankar in 1989. The home-environment Inventory contains 100 items related to following ten dimension or parameters of home-environment:

1. ***Control:*** It indicates "autocratic atmosphere in which many restrictions and imposed on children by the parents in order to discipline them".
2. ***Protectiveness:*** It implies "prevention of independent behaviour and prolongation of infantile care".
3. ***Punishment:*** It includes "physic as well as affective punishment to avoid the occurrence of undesirable behaviour."
4. ***Conformity:*** It indicates "parent's directions, commands and orders with which child is expected to comply by action". It refers to "demands to work according to parent's desires and expectations".
5. ***Social isolation:*** It indicates "use of isolation from beloved persons except family members from negative sanctions."

6. ***Reward:*** It includes "material as well as symbolic rewards to strengthen or increase the probability of desired behaviour."
7. ***Deprivation of privileges:*** It implies "controlling children's behaviour by depriving them or their rights to seek love, respect and childcare from parents".
8. ***Nurturance:*** It indicates "existence of excessive unconditional physical and emotional attachment of parents with the child. Parents have a keen interest in and love for the child.'
9. ***Rejection:*** It implies "conditional love recognizing that the child has no rights as a person, no right to express his feeling, no right to uniqueness and no right to become an autonomous individual."
10. ***Permissiveness:*** It includes "provision of opportunities to child to express his views freely and act according to his desires with no interference from parents."

Each item is to be answered with the help of 5 point scale ranging from 4 to 0. In this scale scores regarding each dimension is treated independently and no provision to get a composite score. Split half reliability coefficients for ten components of Home Environment Inventory range from 0.73 to 0.95. Home environment Inventory has been found to possess content validity as measured with the help of views expressed by judges.

2) Ego strength Scale

Ego strength scale developed by Dr. Q. Hasan was used to measure subjects' ego strength. The original Ego-strength scale was developed by Barron (1963) to predict the responses of psychoneurotic patients to psychotherapy. This questionnaire consists 32 items in 5 dimensions. They are:

1. Perception
2. Mortality

3. Binding Tension
4. Judgement
5. Synthesizing

The score range lie in between 0 to 32 as one mark is given for each of the "no" response against each item. The odd-even and test retest reliability of this adapted scale was found to be .78 and .82 respectively. Regarding validity of this scale this scale was found to be significantly correlated with such meaningful personality characteristics as neuroticism, external-internal control and security-insecurity.

3) Sinha Self-Disclosure Inventory (SSDI)

To assess the self-disclosure criteria of adolescents self-disclosure inventory developed by Sinha V. in 1971 was used. This inventory has been designed to measure the extent of self-disclosure of the Indian adolescents of both sexes of urban and rural population. This inventory assess the trend and magnitude of self-disclosure of the adolescents in different areas of self namely Money, Personality, Study, Body, Interest, Feeling, Ideas, Vocational and sex towards different target figures.

This inventory containing total 80 items (10 items in each area) and takes about 60 minutes to answer the whole inventory. This is 3 point self-rating scale and there is no right and wrong answer.

Procedure

Pilot Study

The Pilot study was conducted on 30 students as per sample distribution criteria from various colleges which were intended to decide the sample, appropriateness of tests used, coding method and the statistical procedures that will be used for final study.

Main Study

First of all the list of various private and government colleges situated in Gujarat state was made and then one by one these college were visited. A written permission was sought out from the respective Principals after discussing the purpose of the present study. Accordingly, a schedule was fixed in each college and students were approached. Before proceeding further the subjects were introduced about the purpose of the present study. Hereafter they were provided with personal information schedule in which the demographic information like their age, gender; religion, socio economic status, class, discipline etc. were collected. On the basis of information provided in personal schedule by students the subjects were selected as per sample distribution criteria considered in the present research. Hence all experimental groups were constituted. To obtain the data, selected students were administrated on the Home Environment Inventory by K.S. Mishra , Ego strength scale by Dr. Q. Hasan in 1963 and self-disclosure scale by Sinha V. in 1971 . One test at a time was administrated in order to reduce fatigue and boredom effect. To fill the tests subjects were given general instructions about each test. Data were obtained by using particular scoring pattern standardized for each test.

Statistical Analysis:

The data was analysed by suitable descriptive and inferential statistical techniques as follows-

Descriptive statistical

The mean (with graphical representation) and standard deviation for religion (Hindu , Muslim , Sikh , Christian and Buddhist) and gender (Male & Female) and on adolescents' perception of their home environment as well as on their measure of self-Disclosure and ego-strength were analysed.

Inferential statistical

To reach out the objectives of the present study Two way ANOVA (Analysis of Variance) and Correlation analysis (Pearson's product moment) were used.

Conclusion: -

On the basis of obtained result following conclusions were made.

- Male and female adolescents were found to be significantly differences in their perceptions of home environment components namely control and rejection.
- All five religious groups were found to be parallel on their perception of various component of home environment namely Protectiveness, Punishment, Conformity, Social Isolation, Reward, Deprivation Of Privileges,-Nurturance, and Permissiveness
- Male and female were found to be significantly different in their perceptions of home environment components namely control, protectiveness, conformity, nurturance and permissiveness.
- There was no significant gender differences was observed in perceptions of home environment components namely punishment , social isolation , reward , deprivation of privileges and rejection dimensions.
- Computed f values revealed that except for permissiveness male and female students do not differ significantly in their perception of various component of home environment namely control, protectiveness, punishment , conformity, social isolation, reward , deprivation of privileges nurturance and rejection in relation to their religion namely Hindu, Muslim, Sikh, Cristian and Buddhist.
- Adolescents belongs to various religion were found to be parallel on their measure of ego-strength.

- Male adolescents are significantly higher than their counterpart female on their ego-strength
- f value for interaction between religion and gender on students' measure of ego-strength was found to be insignificant.
- The prevalence of self-disclosure was significantly highly observed in Muslim as compared to other religions ie.Hindu, Buddhist, Sikh and Christian.
- Female adolescents possess significantly higher attitude of self-disclosure than of male.
- Self-disclosure behaviour was found to be significantly different between Male and female adolescents in relation to their religion.

Limitations and Conquer: -

In any Social Science investigation, the external validity of the results of the study is limited by many constrains related to the sample selection/availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the researcher has been able to sort out the following limitation in the present study and the future line of the study to refine the same has been provided.

- Locale of the study was restricted to Aurangabad city only. It can be spread into other areas also.
- The home environment, ego-strength and self-disclosure of students affected by numerous variables, however in the present study limited variable i.e. religion and gender were considered. In further studies, effect of other social, psychological and physical variables can be studied.
- The present study dealt with adolescents only. Further studies with same variables can be extended to the children and adult.

- In the present research only school going adolescents were studied. Comparative studies on educated and uneducated adolescent with same objectives can be done.
- To render the generalization of the influence of factors such as gender and locality larger sample can be undertaken.
- The present study is cross sectional type, a longitudinal study will be more conducive to clarify the religion effect on ego-strength development and self-disclosure behaviour of adolescents.
- Although home environment were studied in relation to ego-strength and self-disclosure behaviour of adolescents but cause-effect relationship among these variable could be done to advance the knowledge in this field.
- The correlation coefficient was used to analyse the data. Additional treatment of the data included a regression can be taken to elaborate the contribution of various component of home environment on adolescents'' ego-strength and self-disclosure behaviour.
- In the present study f test was used to see the effect of religion on their home environment, ego-strength and self-disclosure behaviour . Post hoc study would be more beneficial to draw a specific conclusion about religion difference on considered variables.
- In the present study self-disclosure was measure as a whole without considering the area. Future research could deal with different area of self-disclosure.

Significance of the study: -

Despite limitations, the significance of study can be drawn as -

- With globalization the concept of personal space is emerging and expanding very fast. Children and adolescents demand personal space for themselves where they don't like any interference. As these adolescents have not reached that level of maturity so that

they can manage things on their own, their relative immaturity, heightened emotionality and eagerness to become independent may take them on a wrong path and lead to devastating results, such as- cybercrimes, drug addiction, juvenile delinquency and sexual harassment. In this reference the finding of the present study implicated by drawing the attention of parents that favourable home environment would be beneficial for adolescents to develop ego-strength and self-disclosure behaviour which lead them in right direction.

- Findings of the present study would encourage more research in the field of developmental and educational psychology.
- The study may point out the importance of widely accepted psychological field in adolescents rehabilitation centre as this study highlights the importance of home environment, ego-strength and self-disclosure behaviour of adolescents.

Implications of the Study: -

- Planning for research and youth welfare programs in every developed and developing country is essential if man envisages the normalization of sick adolescents. Adolescent unit programs are needed in India and should be an integral part of medical institutes in every university. Actually, the problem of generation gap, ego identity, and subcultures creating negative attitudes in youth is one of the most explosive problems that behavioral scientists face in the modern era. In this context the present study could be implemented to generate better understanding of adolescents' ego-strength and self-disclosure behavior in relation to their home environment.
- The present investigation also will be helpful to all graduate, post graduate and researcher of 'Psychology' and 'Education' as the variable treated were appears to be

quite relevant to some aspect of their curricular demands both in 'psychology' and 'Education'.

Suggestions of the study: -

As home is the primary agent, which plays an important role in the development of a child, hence it is necessary for parents to provide best possible favorable environment at home in order to promote their self-disclosure attitude and develop ego-strength in their adolescents . Enriched and Favorable home environment bring sound parent-child relationship which not only affects child's physical growth but also its personality and emotional development. Negative perceptions of adolescents about their home environment may lead to development of undesirable behaviour among adolescents.

Other than family it is suggested that all sectors of society will need to refocus attention on helping adolescents builds the foundation for being productive citizens and surrounding them with the assets necessary for them to build this foundation.

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Research Students | **Research Guide**

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